

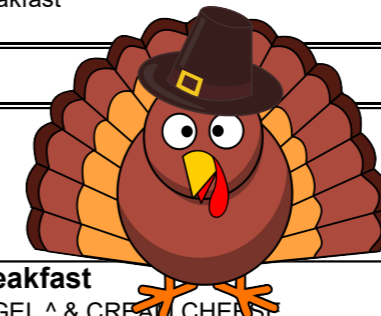


# NOVEMBER

RIVER SPRINGS K-8

			<p>10/31 <b>Breakfast</b> RICE CHEX, Strawberry Breakfast Square Fresh Fruit Orange Tangerine Juice <b>Lunch</b> CHILI NACHO COMBO CRISPY CHICKEN DRUMSTICK ^ CHILI NACHO COMBO # Southwestern Corn, Corn Muffin ^ Apple Slices</p>	<p>1 <b>Breakfast</b> MOZZERELLA STRING CHEESE Peach Loaf ^ Fresh Apple <b>Lunch</b> POPCORN CHICKEN ^ OR PEPPERONI PIZZA ^ FISH STICKS &amp; FRIES # Jalapenos Romaine Lettuce Salad Pineapple Tidbits</p>
<p>10/29 <b>Breakfast</b> RASPBERRY YOGURT &amp; Cinnamon Granola ^ Cherry Craisins Orange Tangerine Juice <b>Lunch</b> HOT TURKEY &amp; CHEESE DELI SUB^ OR VEGETARIAN NUGGETS # ^ Southwest Corn Assorted Fruit Cups</p>	<p>5 <b>Breakfast</b> MOZZERELLA STRING CHEESE Lemon Loaf ^ Strawberry Kiwi Juice, Fruit Cup <b>Lunch</b> VEGETARIAN CHILI NACHOS # ^ CRISPY CHICKEN DRUM STICK Corn Muffin ^ Sweet Maple Carrots Fresh Apple Slices</p>	<p>6 <b>Breakfast</b> Blueberry Crumble ^ Graham Crackers ^ Fresh Apple <b>Lunch</b> ORANGE CHICKEN W/ BROCCOLI OR CHEESE LASAGNA W/ TOMATO SAUCE OR VEGAN ORANGE 'CHICKEN' W/ BROCCOLI # Fresh Red Pepper Slices Pineapple Tidbits</p>	<p>7 <b>Breakfast</b> FRUITY CHEERIOS ^ Animal Crackers^ Fresh Pear, Blended Fruit Juice <b>Lunch</b> BEEF &amp; CHICKEN TOSTADA ^ OR BEAN &amp; CHEESE PUPUSA # Jalapenos, Fiesta Beans Apple Slices</p>	<p>8 <b>Breakfast</b> CINNAMON TOAST CRUNCH ^ Blueberry Muffin, Fresh Apple <b>Lunch</b> CHICKEN SANDWICH on BUN ^ OR TURKEY CORN DOG MONTEREY VEGGIE BURGER on BUN^ # Country Blend Vegetables, Fresh Fruit</p>
<p>12 <b>Veteran's Day</b></p>	<p>13 <b>Non-Student Day</b></p>	<p>14 <b>Breakfast</b> BAGEL &amp; CREAM CHEESE ^ Fresh Apple <b>Lunch</b> PEPPERONI FLATBREAD ^ OR GENERAL TSO'S CHICKEN W/ NOODLES^ OR CHEESE FLATBREAD ^# Fresh Cauliflower Florets Fresh Pear</p>	<p>14 <b>Breakfast</b> VANILLA YOGURT Cinnamon Granola ^ Fresh Orange, Applesauce Cup <b>Lunch</b> CRISPY CHICKEN DRUMSTICK ^ OR SALISBURY STEAK w/ MASHED POTATOES # Corn Muffin ^, (IW) Sliced Bread ^ Fresh Red Pepper Slices, Sweet Maple Carrots Mixed Fruit Cup</p>	<p>15 <b>Breakfast</b> APPLE CINNAMON CHEERIOS ^ Graham Crackers ^ Fresh Apple <b>Lunch</b> FRENCH TOAST STICKS w/ SAUSAGE ^ OR FRENCH TOAST STICKS w/ EGGS # ^ OR CHICKEN ALFREDO PASTA ^ Mango Wango Juice, Diced Peaches</p>
<p>No School</p> 		<p>19</p>	<p>20</p>	<p>21</p>
<p><b>Thanksgiving Break</b></p>				
<p>26 <b>Breakfast</b> CHOCOLATE CHIP COFFEE CAKE ^ Strawberry Breakfast Square, Applesauce Cup, Mixed Fruit Cup <b>Lunch</b> CORN DOG OR CHICKEN &amp; GREEN CHILE TAMALE OR VEGGIE NUGGETS # Corn, Fresh Jicama Sticks, Mixed Fruit Cup</p>	<p>27 <b>Breakfast</b> STRAWBERRY YOGURT &amp; Granola ^ Diced Peaches Orange Tangerine Juice <b>Lunch</b> CHICKEN QUESO BURRITO ^ OR BEAN &amp; CHEESE BURRITO ^ # OR BUILD YOUR OWN TACO w/ (IW) Soft Tortilla ^ Refried Beans Applesauce Cup</p>	<p>28 <b>Breakfast</b> MOZZERELLA STRING CHEESE Lemon Loaf Fresh Fruit <b>Lunch</b> SALISBURY STEAK w/ MASHED POTATOES OR SALISBURY STEAK # OR CHICKEN SANDWICH w/ BUN ^ Mixed Vegetables, Fresh Fruit</p>	<p>28 <b>Breakfast</b> BAGEL ^ &amp; CREAM CHEESE Fresh Fruit Mixed Fruit Cup <b>Lunch</b> GEN TSO'S CHICKEN &amp; NOODLES ^ (&amp; available Vegan) OR SPAGHETTI ^ &amp; MEATBALLS Fresh Red Pepper Slices Strawberry Kiwi Juice</p>	<p>29 <b>Breakfast</b> FROSTED CORN FLAKES Vanilla Breakfast Square, Fresh Fruit <b>Lunch</b> PIZZA DIPPERS^ w/ Marinara Dipping Sauce OR ORANGE CHICKEN w/ Broccoli (IW) Breadstick^ Fresh Baby Spinach w/ Light Ranch Dressing Diced Peaches</p>



\*\* ^ DENOTES ITEM IS WHOLE GRAIN OR WHOLE WHEAT \*\* # DENOTES ITEM IS VEGETARIAN

\*\*MENU SUBJECT TO CHANGE

\*\*WE ARE AN EQUAL OPPORTUNITY PROVIDER

\*\*ALL MEALS SERVED WITH THE APPROPRIATE CONDIMENTS AND THE CHOICE OF 1% or 0% MILK